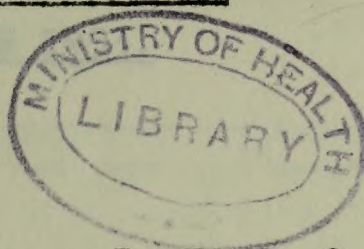


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THE
URBAN DISTRICT COUNCIL
OF SHERINGHAM



A N N U A L R E P O R T

OF THE

M E D I C A L O F F I C E R O F H E A L T H

AND OF THE

S A N I T A R Y I N S P E C T O R & S U R V E Y O R

FOR

T H E Y E A R 1 9 5 3

THE
URBAN DISTRICT COUNCIL
OF SHEFFIELD

ANNUAL REPORT
OF THE

MEDICAL OFFICER OF HEALTH

1901

CANTONMENT INSPECTOR & SURVEYOR

FOR

THE YEAR 1901

THE URBAN DISTRICT COUNCIL OF SHERINGHAM

REPORT

OF THE

MEDICAL OFFICER OF HEALTH

FOR

THE YEAR 1953.

Mr. Chairman and Gentlemen,

I have the honour to present the Annual Report of the Medical Officer of Health for the Year ending 31st. December, 1953.

The Post of Medical Officer of Health for Sheringham is combined with that for Cromer and Erpingham, and with the Post of Assistant County Medical Officer for Area No.2 of the County of Norfolk.

PRINCIPAL NOTES ON THE YEAR.

The estimated population at mid-year was 4,669 as compared with 4,604 in 1952.

The Birth Rate was 16.5 per 1,000 of the estimated population (England and Wales 15.5).

The Death Rate was 15.4 per 1,000 of the estimated population (England and Wales 11.4).

No death occurred from Childbirth.

Only two types of Infectious Disease were notified during the Year. One, however, was a case of Typhoid Fever.

The number of cases of Tuberculosis on the Register showed little change.

THE URBAN DISTRICT COUNCIL OF SHERINGHAM

REPORT

OF THE

MEDICAL OFFICER OF HEALTH

FOR

THE YEAR 1955.

Mr. Chairman and Gentlemen,

I have the honour to present the Annual Report of the Medical Officer of Health for the Year ending 31st December, 1955.

The Post of Medical Officer of Health for Sheringham is combined with that for Gower and Erpingham, and with the Post of Assistant County Medical Officer for Area No. 2 of the County of Norfolk.

PRINCIPAL NOTES ON THE YEAR.

The estimated population at mid-year was 4,669 as compared with 4,604 in 1952.

The Birth Rate was 18.5 per 1,000 of the estimated population (England and Wales 15.5).

The Death Rate was 15.4 per 1,000 of the estimated population (England and Wales 11.4).

No cases occurred from childbirth.

Only two types of Infectious Disease were notified during the year. One, however, was a case of Typhoid Fever.

The number of cases of Tuberculosis on the Register showed little change.

Statistics and Social Conditions of the Area

Area in Acres	929.
Population (Registrar General Estimate, 1953) ...	4,669
Number of Inhabited House, 1953.. ...	1,558.
Total Rateable Value... ..	£38,434.
Product of a Penny Rate	£151.13.-

Social Conditions. The Urban District of Sheringham is situated on the North Coast of Norfolk, facing North. It is bounded by the Sea on the North and by a low range of wooded hills which fall generally for a mile from the South, it adjoins the Erpingham Rural District on three sides, and has on its outskirts such picturesque places as the Roman Camp, Pretty Corner and the village of Upper Sheringham.

During the Summer months visitors in abundance resort to Sheringham for the bracing air, fine sands, golf links and scenery.

The Population is composed of (1) Fishermen, (2) those whose business it is to let rooms, and tradesmen, and (3) a constantly increasing class who resort to Sheringham for its natural beauties, its fine golf links, and its bracing air.

VITAL STATISTICS

	Total	Males	Females
Live Births - Legitimate	68	31	37
Illegitimate	9	4	5
Total	77	35	42

The Birth Rate is 16.5 per 1,000 of the estimated population (England and Wales 15.5). 10.7% of Live Births were illegitimate.

Birth Rates - 1943 - 1953.

	per 1,000 population		
1943 - 16.6	"	"	"
1944 - 23.78	"	"	"
1945 - 18.23	"	"	"
1946 - 20.88	"	"	"
1947 - 22.17	"	"	"
1948 - 17.9	"	"	"
1949 - 16.3	"	"	"
1950 - 9.9	"	"	"
1951 - 10.6	"	"	"
1952 - 12.6	"	"	"
1953 - 16.5	"	"	"

Maternal Mortality:-

From Sepsis	Nil.
From other causes	Nil.

Deaths of Infants under 1 Year:-

One was reported, a female, who died in the first month of life.

This gives a Rate of 17.2 per 1,000 related live births.

DEATHS.

The causes of Death were as follows:-

	Male	Female	Total
Tuberculosis of the Respiratory System	-	-	-
Other Tuberculosis	-	-	-
Syphilitic Diseases	-	-	-
Diphtheria	-	-	-
Meningococcal Infections	-	-	-
Acute Poliomyelitis	-	-	-
Measles	-	-	-
Other infective and parasitic diseases	-	-	-
Whooping Cough	-	-	-
Cancer of Stomach	-	-	-
Lung and Bronchial passages	-	-	-
Breast	-	3	3
Uterus	-	-	-
Other malignant and lymphatic growths	6	3	9
Leukaemia and Aleukaemia	1	-	1
Diabetes	-	-	-
Vascular lesions of the Nervous system	5	1	6
Coronary Disease and Angina	8	1	9
Hypertension with Heart Disease	2	-	2
Other Heart Disease	21	6	27
Other Circulatory Diseases	1	-	1
Influenza	1	-	1
Pneumonia	-	-	-
Bronchitis	2	-	2
Other diseases of the Respiratory System	-	-	-
Ulcer of the Stomach and Duodenum	1	-	1
Gastritis and Enteritis, and Diarrhoea	-	-	-
Nephritis and Nephrosis	3	-	3
Hyperplasia of the Prostate	1	-	1
Pregnancy, Childbirth and Abortion	-	-	-
Congenital Malformations	1	-	1
Other diseases, and ill-defined diseases	3	1	4
Motor Vehicle Accidents	-	-	-
All Other Accidents	-	-	-
Suicide	1	-	1
Homicide and Operations of War	-	-	-
Total	57	15	72

The Death Rate is 15.4 per 1,000 of the estimated population.

GENERAL PROVISIONS OF HEALTH SERVICES FOR THE AREA

Public Health Officers to the Local Authority

Medical Officer of Health:-

J.H.F. NORBURY, M.B., B.S.(London),
M.R.C.S., L.R.C.P., D.P.H.

Sanitary Inspector and Surveyor:-

Mr. R.H. SERSHALL,
Cert R.S.I. Meat and Food Inspector.

GENERAL PROVISION OF HEALTH SERVICES FOR THE AREA (CONTINUED)

As a result of the National Health Service Act, which came into operation in 1948, Health Services are provided almost entirely by official bodies. There is a limited amount of private practice.

The official bodies are four in number:-

(1) The Norfolk Executive Council.

This provides the General Practitioner, Dental, Pharmaceutical, and Ophthalmic Services.

(2) The Regional Hospital Board.

The Country as a whole has been divided into Regions, and the Regions into areas, for administrative purposes. The Erpingham Rural District lies in the East Anglian Region, and the Cromer area. Cromer and District Hospital is the General Hospital for the area, and provides specialist out-patient clinics for patients from anywhere within the area. The Sanatoria at Kelling, near Holt, are also administered by the Regional Hospital Board, as are the Fletcher Convalescent Home at Cromer, and the Longacre Maternity Home at West Runton. At present Infectious Diseases are treated at East Dereham Isolation Hospital and Norwich Isolation Hospital, distances of some 25 miles from the district.

(3) The County Council.

The County Council provides, through its various departments:-

(a) The School Medical Service.

All schools in the Area are visited at least once during the Year. At these visits a systematic examination of entrants, 5, 8 and 10 year olds, and leavers, is carried out; arrangements are made for the treatment of defects found. All children previously found to have defects are also examined and any not otherwise due to be examined who appear to require it. Special examinations are made of handicapped children, where necessary, in their homes. Minor Ailment Clinics are held fortnightly at Cromer and Sheringham, to serve these towns and the surrounding districts. Children not included in a school for any reason are also examined at home. Examination is also made of children when transport to school is believed necessary on medical grounds.

(b) The Maternity and Child Welfare Service.

An Infant Welfare Centre is held monthly at Holt and fortnightly at Cromer and Sheringham. Village Centres are held monthly at Banningham, Corpusty, Edgefield, Gresham, Matlaske, Northrepps, Roughton, Southrepps and Trimmingham. Immunisation is carried out at all centres.

(c) Health Visiting.

All children under 5 are visited regularly in their homes by a Health Visitor. In most cases the duty of Health Visiting is carried out by the local District Nurse Mid-wife. She also attends the Welfare Centres in her area, and not infrequently assists at neighbouring ones. Children over 5 come under the supervision of the School Nurse.

(d) Midwifery.

This is performed by the District Nurse-Midwives and the general practitioner-obstetricians. In this district the Longacre Maternity Home and Beckham House are available for confinements where domiciliary confinement is considered undesirable.

(e) Home Nursing.

This is carried out by the District Nurse-Midwives under the Norfolk County Nursing Association, who act as agents for the County Council.

(f) Vaccination and Immunisation.

This is carried out by general practitioners acting for the County Council, and by the Assistant County Medical Officer. In the case of children, facilities are provided at the Infant Welfare Centres and, in the case of immunisation, at the schools as well.

(g) Ambulance Services.

These are carried out by the Local Ambulance Committee, acting as agents for the County Council.

(h) General Measures for the Prevention of Illness, Care, and After-Care, including the provision of Nursing Equipment.

(i) Home Helps.

(j) Mental Health Services.

(k) General Welfare Services, under the Supervision of the Welfare Officer.

The Welfare Officer visits Sheringham on Tuesday afternoons at 2 p.m., and is available for interview at that time.

(4) The Urban District Council.

The District Council is, as ever, responsible for the control of Infectious Diseases and Environmental Health and Hygiene, acting mainly through the Medical Officer of Health and the Sanitary Inspector.

Note:- Laboratory Services are provided at the Public Health Laboratory, Bowthorpe Road, Norwich, by the Ministry of Health.

SANITARY CIRCUMSTANCES OF THE AREA

1. Water. - The Eastern Gas Board serve water to all the properties within the Urban District by a piped supply. The collecting ground, pumping station and reservoirs are situated in the Sheringham Woods, a situation which is isolated and enclosed approximately half-a-mile South of the Town.

The Water is derived:-

- (a) From springs situated within the collecting grounds and stored in reservoirs.
- (b) From two deep wells sunk in chalk - 400 feet deep approximately. The water is pumped into a reservoir at a higher level to supply by gravitation the high-lying parts of the Town.

(i) (a) Quality of Water. - Regular monthly samples of the Company's water as supplied to the Sheringham consumers have been taken by the Council's Sanitary Inspector and submitted for bacteriological examination, the result of which has proved the water to be of excellent quality for drinking and domestic purposes.

(b) Quantity of Water. - The quantity of water supplied in the Urban District is sufficient for all purposes during dry weather. The quantity of water obtained from the various springs naturally varies a little during the Summer and dry weather, but the level of the water in the wells varies little however much it is pumped and has never shown signs of failing.

(ii) The Counties Public Health Laboratory carried out monthly bacteriological examinations and half-yearly chemical analysis of the treated water as supplied in this Urban District during the period under review, all of which proved to be of very high standard of purity. Daily tests were also carried out on the Spring and Well waters, both treated and untreated.

(iii) The water supplied within the Urban District is not liable to plumbo-solvent action, as the p.H. Reaction of the water is neutral or on the alkaline side of neutrality. All the water service pipes are laid on in galvanised wrought iron.

(iv) No action has been found necessary in respect of any form of contamination of the water supply.

(v) (a) Number of dwelling-houses supplied direct from public water mains 1,474.

Number of population supplied from public water mains 4,604.

(b) Number of dwelling-houses supplied by means of stand pipes 65.

Number of population supplied by means of stand pipes 200.

2. Drainage and Sewerage. - The Urban District is sewered throughout with a system which needs much improvement as it is not capable of dealing with an excessive and sudden rainfall. The cutfall is well below ordinary low water mark in the North Sea. A firm of Consulting Engineers have been asked by the Council to prepare a scheme for the improvement of the sewerage system, which has now reached the stage of submission to the Ministry of Health.

3. Rivers and Streams. - Only one stream runs through the Urban District and it has not been necessary to take any action during the period to check pollution.

4. (a) Closet Accommodation. - All houses in the Urban District are fitted with water closets of a modern type. The sewerage system is flushed twice a week in the Summer months, and once a week in the Winter months. The dead-ends of the sewers are flushed by fixed flushing tanks.
- (b) Public Cleansing. - Dust-bins are emptied once weekly by the Council's two motor refuse collection vehicles. Twice weekly refuse collection is made during the Summer months from boarding houses and hotels. House refuse is disposed of by the method of controlled tipping on a site on the outskirts of the District.
- (c) Schools. - The Schools are of a modern type, the water supply and sanitary conditions being quite satisfactory. In cases of notifiable infectious diseases, the schools are at once visited by the Medical Officer of Health, the scholars inspected, and endeavour made to exclude infective children.
- (d) Premises and Occupations Controlled by Byelaws. - There is no Common Lodging House or Offensive Trade in the Urban District.

SANITARY INSPECTION OF THE AREA

Report of Sanitary Inspector and Surveyor.

- (a) Inspections and Visits. The following inspections and visits have been carried out during the Year:-

Inspections for housing defects and re-visits.....	45
Sanitary routine inspections and re-visits.....	173
Visits to Slaughterhouse and meat inspection.....	19
Food premises and food inspection.....	64
Milk and Dairy premises inspections.....	5
Factory inspections.....	6
Visits in connection with Ice Cream sampling.....	6
" " " " Water " 	3
Infectious Disease inspections and visits.....	17
Number of rooms disinfected.....	8
Inspection of dirty premises and re-visits.....	9
Drainage inspections and re-visits.....	34
Drain tests.....	34
Council property inspections and re-visits.....	17
Requisitioned property inspections.....	10
Rat destruction inspections and re-visits.....	79
Miscellaneous visits.....	91

- (b) Action taken in consequence of inspections:-

Informal Notices served.....	22
Statutory Notices served under the Public Health Act, 1936.....	3

- (c) Result of action taken in consequence of Notices served:-

Defects remedied by Informal Notices.....	20
" " " Statutory Notices.....	2
" " " Legal Proceedings.....	1

(d) Summary of work carried out as a result of formal and informal action:-

Defective drains renewed.....	6
Drains unblocked and cleansed.....	5
Flushing apparatus provided to water closets or repaired.....	4
Trapped gullies provided.....	8
Water closet pedestals renewed.....	3
" " " seats renewed.....	3
Sinks renewed.....	2
Sink Waste pipes renewed and trapped.....	5
Water service pipes repaired.....	4
Roofs repaired.....	12
Chimney stacks repaired or rebuilt.....	4
Eaves gutters repaired or renewed.....	9
Rain water downpipes repaired or renewed.....	15
Windows repaired.....	3
Doors repaired or renewed.....	5
Wall plaster repaired.....	14
Ceiling plaster repaired.....	6
Firegrates repaired or renewed.....	5
Floors repaired or renewed.....	4
Sub-floor ventilation provided.....	3
Water Closets rebuilt.....	2
Damp walls repaired and treated.....	10
Dirty premises cleansed.....	5
Deposits of refuse removed.....	3
Dustbins provided.....	8

(e) Number of inspections and visits in connection with the duties of Surveyor:-

Number of Building Licences issued.....	13
Total Value " " "	£17,877.
Number of inspections and visits in connection with Building Licences.....	21
Number of Building Plans submitted for approval.....	46
" " " " approved.....	43
" " " " disapproved or withdrawn.....	3
Visits in connection with inspection of foundations	23
" " " " inspection of damp course.....	22
" " " " building inspection....	105
Number of drain tests carried out in new buildings.....	17
Number of new houses erected during the Year:-	
By the Local Authority.....	2
By other persons.....	11
Conversion of premises into family units.....	3

The under-mentioned salvaged materials have been collected during the period under review giving an income of £18. 12. 0., namely:-

Paper	...	...	...	6 Tons.
Rags	...	...	...	3 Cwts.
Metal	...	...	...	1¼ Tons.

(f) Shops. No action under this heading has been found necessary.

(g) Camping Sites. There are no camping sites in the Urban District.

- (h) Snoke Abatement. No action under this heading has been found necessary.
- (i) Swimming Baths and Pools. There are no privately owned or other swimming baths open to the public in the Urban District.
- (j) Eradication of Bed Bugs. No action under this heading has been found necessary.

Inspection and Supervision of Food

- (a) Milk Supply. - There are no milk producers or cowkeepers within the Urban District.

Number of retail milk purveyors	...	...	...	2
Number of Dealers Licences to use the special designation "Tuberculin Tested" milk...				2
Number of Pasteuriser's Licences by County Council	...	...	...	1

Ice-Cream. - Six samples of ice-cream have been taken and the samples submitted for the Methylene Blue Test with the following result:-

One sample was Grade I.
Four samples were Grade II.
One sample was Grade IV.

Water. - Samples of water as supplied by the Eastern Gas Board to the consumers within this Urban District have been taken and all samples proved to be highly satisfactory.

Milk. - Thirty-seven samples of Pasteurised milk have been taken by the Norfolk County Medical Officer's Department from the Sheringham premises of East Coast Dairies, Ltd., and all satisfied the prescribed tests.

- (b) Inspection of Meat and other Foods.

There are eight butchers' shops within the Urban District.

The slaughtering of food animals in the Urban District was discontinued under the Livestock (Restriction on Slaughtering) Order, 1940, except for the slaughtering of "self-supplier" pigs.

The under-mentioned foodstuffs have been condemned as unfit for human consumption during the Year, namely:-

Fresh Meat	185 lbs.
Tinned Meats	72 lbs.
Tinned Fish	22 oza.
Tinned Fruit	112 lbs.
Tinned Vegetables	13 lbs.
Tinned Jan	1½ lbs.

- (c) Adulteration, Chemical and Bacteriological Examination of Food. - The appropriate Authority under this heading is the Norfolk County Council.
- (d) Nutrition. - No special work in the dissemination of knowledge on this subject has been considered necessary.
- (e) Shellfish. - No shellfish are gathered within the area of the Urban District.

INFECTIOUS DISEASES. - The following table gives in the first column the number of cases of Infectious Diseases that were notified in 1953, and in the second column the number of cases that would have occurred if the Rate for England and Wales had applied:-

Disease	A.	B.
Acute Pneumonia	-	4
Diphtheria	-	.05
Erysipelas	-	.65
Food Poisoning	-	1
Measles	-	58
Meningococcal Infections	-	.14
Paratyphoid Fever	-	.05
Polionyelitis	-	.51
Scarlet Fever	-	6
Smallpox	-	-
Typhoid Fever	1	-
Whooping Cough	10	17
Acute Encephalitis	-	) Figures not available.
Chicken Pox	-	
Dysentery	-	
Glandular Fever	-	
Infective Hepatitis	-	
Malaria	-	
Ophthalmia Neonatorum	-	
Weil's Disease	-	
Puerperal Pyrexia	-	

The following table gives the notifications of Infectious Diseases arranged in age groups:-

Disease	Age Groups							Total
	Under 1	1-2	3-4	5-9	10-14	15-24	25 or Over	
Scarlet Fever	-	-	-	-	-	-	-	-
Whooping Cough	-	1	1	6	1	-	1	10
Polionyelitis	-	-	-	-	-	-	-	-
Measles	-	-	-	-	-	-	-	-
Typhoid Fever	-	-	-	-	-	-	1	1
Total	-	1	1	6	1	-	2	11

These notifications provide an extremely small total.

The case of Typhoid Fever, the first for many years, showed several points of interest. The patient had returned comparatively recently from a holiday abroad. She presented none of the classical signs of Typhoid Fever, and the illness was diagnosed from laboratory tests. It was clear that the illness had been contracted abroad, and the persons who had been in contact with her during the early stages of the disease were few. These latter were all interviewed and suitably advised. No other case occurred, and the patient made an excellent recovery.

Had it not been that this lady was living a comparatively secluded life, a considerable epidemic of Typhoid Fever could have occurred in this town. It would be much in the public interest if people proposing to holiday on the Continent of Europe would protect themselves by first having inoculations against the enteric fevers.

The following table shows the results of the survey conducted in the year 1900. The data is presented in a tabular form, with the first column representing the different categories of the survey, and the subsequent columns representing the numerical results for each category.

THE RESULTS
 OF THE SURVEY

The following table shows the results of the survey conducted in the year 1900. The data is presented in a tabular form, with the first column representing the different categories of the survey, and the subsequent columns representing the numerical results for each category.

Category		Results		Total	
Year	Month	Value	Unit	Value	Unit
1900	Jan	100	1000	100	1000
1900	Feb	150	1000	150	1000
1900	Mar	200	1000	200	1000
1900	Apr	250	1000	250	1000
1900	May	300	1000	300	1000
1900	Jun	350	1000	350	1000
1900	Jul	400	1000	400	1000
1900	Aug	450	1000	450	1000
1900	Sep	500	1000	500	1000
1900	Oct	550	1000	550	1000
1900	Nov	600	1000	600	1000
1900	Dec	650	1000	650	1000

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INFECTIOUS DISEASES (Continued).

The complete absence of Measles from the town throughout the Year is probably without precedent.

No case of Poliomyelitis was reported.

The ten cases of Whooping Cough were not particularly severe. Material is now provided at the County Council Infant Welfare Centres for inoculation against it.

TUBERCULOSIS.

Two new cases of Tuberculosis were notified during the Year, both of them being Pulmonary. These figures give Case Rates of 0.4 and 0.0 for Pulmonary and Non-Pulmonary.

There was no Death from Tuberculosis during the Year.

The number of cases on the Register on December 31st. 1953, was as follows:-

	<u>Pulmonary</u>	<u>Non-pulmonary</u>	<u>Total</u>
Male	12	-	12
Female	17	4	21
Total	29	4	33

HOUSING.

There is much substandard housing in Sheringham. Special provisions were made in the Housing Acts for dealing with such property, and there is no doubt that if it had not been for the recent War, much of it would have been removed under Slum Clearance.

The existence of such property is not the fault of anyone. Its defects are due to senile decay, and to antiquated design; also to the growth of Sheringham, for conditions which are tolerable in a village are often no longer so in urban surroundings.

That good Housing is important to health is now a commonplace, and apart from the more obvious defects of cramped conditions and lack of amenities, these buildings are in general lacking in light and ventilation. These are two most important factors.

NATIONAL ASSISTANCE ACT, 1948. - Section 47. - No action was required during the Year.

REPORT ON THE ADMINISTRATION OF THE FACTORIES ACT, 1937.

Inspections for the purpose of provisions as to health, including inspections made by the Sanitary Inspector:-

<u>Premises</u>	<u>Inspections</u>	<u>Number of Written Notices</u>	<u>Occupiers Prosecuted</u>
Factories with mechanical power	4	2	Nil
Factories without mechanical power	2	7	Nil
Other premises under the Act	-	-	Nil
Total	6	2	Nil

Defects found

	<u>Found</u>	<u>Number of Defects</u>		
		<u>Remedied</u>	<u>Referred to H.M. Inspector</u>	<u>Number of defects in respect of which pros- ecutions were instituted</u>
Want of Cleanliness	2	2	-	-
Inadequate ventilation	-	-	-	-
Sanitary Conveniences	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Other Offences	-	-	-	-
Total	2	2	-	-

In conclusion, I wish to thank your Sanitary Inspector, Mr. R. H. Sershall, for his invaluable assistance in the preparation of this Report.

I am, Mr. Chairman and Gentlemen,
Your obedient Servant,

J.H.F. NORBURY,
M.B., B.S., M.R.C.S., L.R.C.F., D.P.H.

Medical Officer of Health.

